

Washington State Diabetes Statistics, 2003

Diabetes Prevention & Control Program
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Prevalence

Age	Percent	Number adults	Percent males	Number males	Percent females	Number females
18-44	2.3%	53,053	2.3%	27,066	2.3%	25,986
45-64	9.2%	138,873	10.2%	76,552	8.1%	62,321
65-74	14.8%	51,208	15.6%	25,284	14.2%	25,924
75+	16.9%	60,150	19.4%	26,154	15.3%	33,996
Total	6.6%	303,283	6.9%	155,056	6.4%	148,227

Risk Factors

(adults 18+ years without diabetes)

	Percent (95%CI) ⁴
Overweight or Obese ¹	56.8 (55.8, 57.8)
Insufficient physical activity ²	35.8 (34.9, 36.8)
Smoke cigarettes	19.8 (19.0, 20.6)
History of high blood pressure ³	20.8 (20.1, 21.5)
History of high cholesterol ³	31.1 (30.2, 32.1)

Prevalence of Diabetes by Race/Ethnicity (Washington adults 18+ years)

Non-Hispanic whites: 6.6%
Non-Hispanic blacks: 9.2%
Hispanic/Latino: 4.7%⁵
Non-Hispanic Asian/Pacific Islanders: 6.1%
Non-Hispanic American Indians/Alaska
Natives: 11.8%

Hospitalizations

(with complications of diabetes)

	Number of hospitalizations	Age-adjusted rate per 10,000 total population (95% CI) ⁴	Crude rate per 10,000 people with diabetes
Diabetes as first listed diagnosis	5,838	9.6 (9.4, 9.9)	191.3
Diabetes as any listed diagnosis	70,009	118.4 (117.5, 119.3)	2,293.6
→ with coronary heart disease	21,155	36.3 (35.8, 36.8)	693.1
→ with stroke	5,828	10.1 (9.9, 10.4)	190.9
→ with diabetic ketoacidosis	2,407	3.9 (3.8, 4.1)	78.9
→ with lower extremity amputation	1,125	1.9 (1.8, 2.0)	160.7

New Cases of End Stage
Renal Disease (ESRD):
604

Estimated Number of
People with Undiagnosed
Diabetes in Washington:
123,000

Deaths

	Number of deaths	Age-adjusted rate per 100,000 total population (95% CI) ⁴	Crude rate per 100,000 people with diabetes
Diabetes as Underlying Cause	1,509	26.0 (24.7, 27.4)	494.4
Diabetes as Any Cause	4,459	77.1 (74.9, 79.4)	1,460.9

¹Overweight=body mass index (BMI) 25.0-29.9 kg/m², obese=BMI 30.0+ kg/m².

²Insufficient physical activity=reported level of physical activity during leisure time or at work does not meet Centers for Disease Control and Prevention (CDC) recommendations of moderate-intensity activity for 30+ minutes on 5+ days/week or vigorous-intensity activity for 20+ minutes on 3+ days/week

³Told by doctor, nurse, or other health professional had high blood pressure and/or high cholesterol.

⁴Data presented as: percentage or rate (95% confidence interval).

⁵Prevalence of diabetes among English-speaking Hispanics, whose diet and lifestyle may be more Americanized than that of Spanish-speaking Hispanics, is 5.8%.